

WYOMING COMPREHENSIVE CANCER CONTROL CONSORTIUM

JOINING FORCES TO FIGHT CANCER

Fall 2007



National Breast Cancer Awareness Month

By Denise Padilla, Wyoming Breast and Cervical Cancer Early Detection Program



October is National Breast Cancer Awareness Month. Breast cancer is the most common cancer among women and is the second leading cause of cancer death in women, after lung cancer. The American Cancer Society estimates that about 178,480 women in the United States will be found to have invasive breast cancer in 2007 and about 40,460 women will die from the disease.

The good news is that breast cancer death rates are on the decline and are probably the result of finding cancer earlier. Regular clinical breast exams and mammograms are key to early detection of breast cancer. The benefits of early detection include increased survival, increased treatment options, and improved quality of life. For women, age remains the biggest risk factor in the development of breast cancer with the majority of cases found in women aged 50 years and older. Symptoms of breast cancer include: a lump or thickening in or near the breast or in the underarm area; nipple tenderness or fluid discharge; a change in the size or shape of the breast; nipple turns inward into the breast, and skin redness, scaliness, or dimpling.

The American Cancer Society recommends that women age 40 and older have a mammogram every year. They also recommend that women in their 20s and 30s have a clinical breast exam as part of a regular exam by a health expert, preferably every 3 years. After age 40, women should have a clinical breast exam by a health expert every year.

Ways to reduce your risk of breast cancer include regular exercise; maintain a healthy

weight (the risk of post-menopausal breast cancer increases with obesity); drink alcohol in moderation (women should have no more than one drink a day); eat at least five servings of fruits and vegetables a day; and quit smoking.

According to the 2006 Wyoming Behavior Risk Surveillance System (BRFSS), only 68.6 percent of Wyoming women age 40 and older reported having had a mammogram in the past 2 years compared to the U.S. median of 76.5 percent. Wyoming women who are less likely to have had a mammogram within the past 2 years include women who are low-income, uninsured, have no primary health care provider, have less than a high school education, and who reside in small communities.

One resource available to Wyoming women is the Breast and Cervical Cancer Early Detection Program. The program pays for mammograms, clinical breast exams, pap tests, and pelvic exams for women who are 50-64 years of age, low income, and without health insurance. To find out more information please, call 1-800-264-1296.

Share the importance of prevention and early detection with a friend or neighbor.



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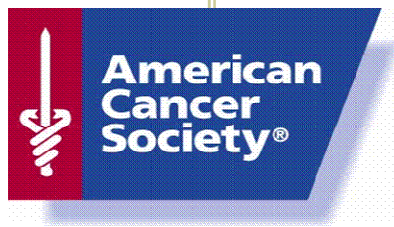
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American Cancer Society Offers Direct Action Organizing Trainings for Smoke-free Wyoming

By: Lindsey Taylor, American Cancer Society

Recently, the American Cancer Society has begun to offer Direct Action Organizing Trainings (DAO) to volunteers and others to gear up for the Smoke-free Wyoming Campaign. The first one was held in Jackson, WY. More trainings are currently being scheduled. Direct Action Organizing is a way people who are affected by a problem can take action to create a winning solution. If you or your organization is interested in sending people or volunteers to these trainings please contact Lindsey Taylor at Lindsey.taylor@cancer.org or at 307-577-4892 opt 3.



Smoke-free Wyoming Campaign is taking off

By: Lindsey Taylor, American Cancer Society

The Joint Labor, Health and Social Service Interim Committee is considering a bill for a smoke-free Wyoming. The proposed legislation would prohibit smoking in public places (restaurants, bars, Etc.) to reduce the exposure to secondhand smoke, and will in turn reduce cancer rates. If you, your organization, or some one you know is interested in this issue and wants to help by volunteering or would like more information please contact Lindsey Taylor at Lindsey.taylor@cancer.org or at 307-577-4892 opt 3. Its your right to breathe clean air and your help can make the difference.

Wyoming Children Draw Conclusions about Sun Safety

By: Jessica Perez, Wyoming Comprehensive Cancer Control Program

Each year the SHADE Foundation of America conducts the SHADE Poster Contest in all 50 states. Over the last five years, there have been more than 50,000 entries from around the US. The posters submitted are original, creative, heartfelt, and help to increase the awareness of sun safety. All posters must include prevention and awareness tips for staying safe in the sun. Children in grades K-8 are eligible to enter the SHADE Poster Contest. Entries are categorized by grade level and judged on creativity and originality. A winner is selected from each state. The state winners receive a \$250 savings bond and a \$500 SHADE grant for their school. In addition, they are entered into the West, Central, South, or Northeast

Regional Contest. Each region contains 13 states and/or territories. The winners in each region wins a \$500 savings bond and a SHADE grant valued at \$2500 for their school. The National Winner receives a trip for four to Disney World (or something comparable), and a \$5,000 SHADE grant for his/her school. The Wyoming Comprehensive Cancer Control Program, along with the Wyoming Sun Safe Schools of Distinction Program, and The Wyoming Department of Education, are happy to help promote this contest to all Wyoming youth. The next contest will be in 2008.

If you would like more information about this contest, or the Wyoming Sun Safe Schools of Distinction Program, please contact Jessica Perez at 307.777.7362 or via e-mail jessica.perez@health.wyo.gov



**Wyoming's 2007 Winner
Devon, Grade 4**



Wyoming Colorectal Cancer Early Detection Program Update



By Wanda Webb, Wyoming Colorectal Cancer Early Detection Program

The Wyoming Colorectal Cancer Early Detection Program (WCCEDP) is busy creating the framework for the awesome opportunity of saving Wyoming lives from colorectal cancer. A database is being developed which will provide quick and easy outcome data on the new program. Stats to date include:

Providers:

- Over 100 Wyoming healthcare providers have been marketed
- 35 healthcare providers are enrolled (contract is completed) and many others are pending (awaiting the signature process)
- 23 Contracts are pending (awaiting the signature process)

Patients:

- Over 200 requests for applications have been received from Wyoming residents
- 80 applications have been submitted and processed
- 71% of applications have been approved
- 29% of applications have been denied (applicants did not meet criteria)
 - 78% of denials are because the applicant has had a colonoscopy within the past 10 years
 - 22% of denials are because the applicant does not meet income guidelines (250% of poverty guidelines)
- 85% of applicants are females

The first colonoscopy procedures will be performed in November. Getting the word out about a new program to the entire state is one of WCCEDP's biggest challenges. We encourage you to participate by sharing information about this screening opportunity with your family, friends, and contacts around the state.

Cowboys Against Cancer

By: Pati Smith, Cowboys Against Cancer Foundation

Cowboys Against Cancer is excited to be holding it's 13th annual fundraiser in Rock Springs on Saturday November 3. Thanks to the fundraising efforts of the volunteer board and numerous supporters, over \$650,000 has been given to help Sweetwater County residents since 1994.

Margaret Parry, founder, president, and breast cancer survivor, found out how expensive it was for her friends and neighbors to undergo weeks of radiation in Salt Lake City. Many must come up with funds for motel rooms, their meals, and numerous other expenses that insurance usually does not cover. For some, additional funds can be very difficult to find during a challenging diagnosis.

Last year, Cowboys Against Cancer raised \$185,000 thanks to the generosity of many supporters throughout the state. Parry and her volunteers hope to be just as successful this year.

If you would like to help with a donation or an auction item, please feel free to contact Margaret at 1893 Dewar Drive, Rock Springs, Wyoming 82901, or at 307.382.9606.



Save the Date

2008 Chronic Disease Conference:

Building a Healthy Wyoming

Save the date for the 2008 Chronic Disease Conference. This conference will focus on all chronic diseases: with a special focus on Cancer, Cardiovascular Disease, Diabetes and Substance Abuse. There will also be general health sessions. Mark your calendars now for this exciting event. It's sure one not to be missed!

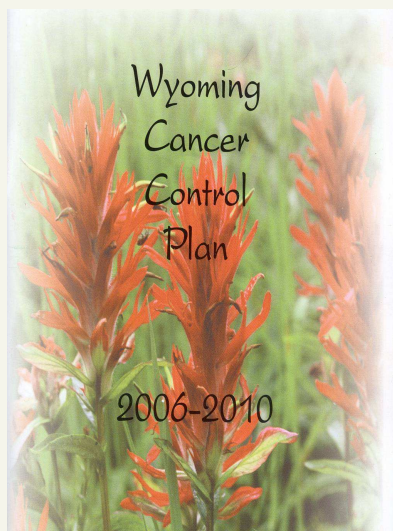
May 7-8, 2008

Little America

Cheyenne, WY



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Contacts

and information

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For a copy of the 2006-2010
Wyoming Cancer Control Plan
please visit the web at

www.fightcancerwy.com

